

Session Plan (2 Hours)

Objectives of the Session:

- Identify areas in which they find communication difficult & explore solutions
- Look at ways of approaching the subject of money with close family members
- Explore what makes communication effective
- Improve confidence in saying no
- Look at how we communicate with banks / financial institutions, and how to feel more confident in doing this

NB: Materials in *italics* are things that are NOT provided in your resource box and you will need to get yourself

	Activity	Delivery Notes
1	Welcome and Taste Test 1 item(e.g. tinned peaches)	As is
2	Finishing your Money Plan Handout <i>Doing a Money Plan</i> sheets (7) & (8) – reviewing spending and setting a new money plan. Talk through – and congratulate those who have completed it!	As per week 2
3	Feedback re: Debt Scenario - How did it go? Lead into discussion-Talking About Money Do we think it's important to talk about money with our partners, family or friends? Why/ why not? What can it achieve? What stops us? If needed, use ideas on <i>Talking About Money</i> cheat sheet.	If done

<p>4</p>	<p>Learning From Our Experiences of Talking About Money Split into two groups and get one group to list top tips around positive communication and one to list things to avoid when communicating. If group gets stuck, ask them to think of good/bad conversations they have had around money. Gather together at the end and feedback at the end. Use <i>Effective Communication</i> cheat sheet to prompt.</p>	<p>If you think the group will find this challenging, lay out the set of communication words. Have the group divide these into Good / Do and Bad / Don't piles. Cards may be downloaded from our website</p> <ul style="list-style-type: none"> • <i>Eye contact</i> • <i>Listen</i> • <i>Shout</i> • <i>Smile</i> • <i>Point</i> • <i>Nod</i> • <i>Interrupt</i> • <i>Quiet</i> • <i>Loud</i> • <i>Time</i> • <i>Stop</i> • <i>Help</i> • <i>Work Together</i> <p>Have the group add their own to blank cards.</p>
<p>5</p>	<p>Discussing Saying 'No' Discuss with the group: How do people feel about saying 'no'? Does this change when it comes to money? Is it harder to say no to people we know e.g. friends & families, or people you don't know e.g. banks, lenders etc?</p>	<p>As is</p>
<p>6</p>	<p>Practicing Saying No Use the <i>Saying 'No'</i> exercise. Split into pairs and give each pair an envelope with scenarios in them. One takes the role of asking, and the other has to say 'no'. Give them 2 mins to practice the conversations. Then repeat exercise swapping over so the other has chance to say no. Feedback how it felt. If useful go through the <i>Saying 'No' Exercise</i> cheat sheet – on the back of this sheet are ideas about how we might get better at this.</p>	<p>Run these, changing the examples if you need. If helpful have one pair go at a time, explain the scenario to the whole group and give each person a role. If someone gets stuck ask the group to help them.</p>
<p>7</p>	<p>Communication scenarios Split into pairs/ groups to discuss any of the four scenarios (decide if everyone is to discuss the same scenario or each group to discuss one or two of them). Feed back to whole group.</p>	<p>As is where possible. If this is difficult skip to Planning Difficult Conversations activity, and discuss a situation as a group.</p>

8	<p>Planning difficult conversations</p> <p>Explain – one option for better communication is to suggest planning a conversation before we have it. This can work well if we are anxious about how a conversation might go, or are fed up of going round in circles about something.</p> <p>Hand out the <i>Conversation Planner</i> tools – for adults and for children, and discuss. Do people think this is useful? If time, you can go through these with people for specific conversations they need to have.</p>	<p>Have the group come up with an example of a difficult conversation and discuss this. Role play if that is helpful.</p>
9	<p>Take Home Activity Week 5</p> <p>Ask the group to talk to their children and ask them:</p> <ol style="list-style-type: none"> 1) What is money? 2) Where does money comes from? <p>We will feed back next week.</p>	<p>As is</p>
10 OPTIONAL	<p>Discussion about changes</p> <p><i>What has this session made you think about?</i></p> <p><i>Have you had any ideas of things you might do / change at home?</i></p>	<p>As is</p>
11	<p>Wrap up</p> <p>Go through any questions/issues, and mention that next session is last parents group - about children and money.</p>	<p>As is</p>